



Youth Mental Health First Aid

July 16 (12:30 - 4:30 p.m.) and July 17 (8:30 a.m. - 12:30 p.m.)
Juvenile Services Center, Greensburg



This training is being offered free of charge to individuals who work or live in Westmoreland County through the Garrett Lee Smith Suicide Prevention Grant.

Mental Health First Aid (MHFA) is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly — teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. Youth MHFA is an **8-hour course** that uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care. More information can be found at <http://www.mentalhealthfirstaid.org/cs/coming-soon-youth-mental-health-first-aid>.

At the completion of MHFA course, the participant will be able to:

- Identify the prevalence of various mental health disorders impacting youth and the need for reduced stigma in communities;
- Recognize the warning signs of mental health problems that may impact youth, primarily those aged 12 – 18;
- Identify the risk and protective factors that can impact a youth's mental health and resiliency;
- Apply a five-step action plan encompassing the skills, resources, and knowledge to assess the situation, select and implement appropriate interventions, and help the youth in crisis connect with appropriate, evidence-based treatment and supports; and
- Identify and access community resources available to support youth and their families.

Target Audience Includes (but is not limited to):

- school employees,
- coaches,
- scout leaders,
- faith communities,
- friends and family of individuals with mental illness or addiction,
- direct service professionals,
- family living providers,
- foster families,
- service/supports coordinators,
- human resource professionals,
- administrative support professionals, and
- police officers and other emergency responders.



Please note, this course is not designed for clinicians, mental health professionals or individuals who have significant experience working with youth with mental health issues.

Instructor:

Jen Bankard is a national trainer for MHFA and was one of a select group of instructors nationwide to pilot the Youth MHFA curriculum. She directs training and resource development for the Rehabilitation and Community Providers Association. Her professional career has been in the human service field, beginning in direct care supporting children and adults with developmental disabilities before moving into administration. She lives in Harrisburg, is an active Humane Society volunteer, and participates in local theatre.

Cost: Free for individuals who live or work in Westmoreland County (includes all course materials, a certificate of attendance, and light refreshments).

Continuing education credits for nurses and Act 48 credits for educators are available. See below for additional continuing education information.

Location:

Juvenile Services Center
2771 South Grande Blvd
Greensburg, PA 15601

Registration Deadline: July 9

Contact Person: More information is available by contacting Jen Bankard (717-364-3280 or jen@paproviders.org).





DREXEL UNIVERSITY COLLEGE OF MEDICINE

Continuing Education Credits

PCPA is proud to serve its membership by offering continuing education credits in conjunction with Drexel University College of Medicine, Division of Behavioral Healthcare Education, Department of Psychiatry. Participants who desire CEUs are required to complete and return a post-test, evaluation form and license information.

PA Educators Act 48: Drexel University College of Medicine, Behavioral Healthcare Education is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Drexel University College of Medicine, Behavioral Healthcare Education adheres to Act 48 Continuing Education Guidelines. PA educators will receive 8 hours of credit for attending this complete program.

PA Nurses: Drexel University College of Medicine, Behavioral Healthcare Education is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants will be awarded a maximum of 8 contact hours for attending this program.

About Drexel University College of Medicine, Behavioral Healthcare Education

Behavioral Healthcare Education (BHE) was established in 1980 with contractual funding from what is now the Pennsylvania Office of Mental Health and Substance Abuse Services. The purpose of its creation was to turn clinical knowledge from biological and programmatic research into information and skills that are directly useful to practitioners in the behavioral health fields, particularly those working with persons in the public and Medicaid managed care arenas who have serious and persistent mental disorders. Since that time BHE has added expertise in the areas of substance use disorders, mental retardation/developmental disabilities, and child and adolescent diagnoses and treatment. The mission of the Division of Behavioral Healthcare Education is to support behavioral health practitioners in providing high quality services to people of all ages. We fulfill this mission through delivering continuing education, consultation, technical assistance and conferences, using evidence-based and promising practices, research findings and program and policy advances.



Mental Health First Aid USA has been approved by the Society for Human Resource Management's HR Certification Institute as a pre-approved provider of 8 general Recertification Credit Hours. The Recertification Credit Hours apply to the Professional in Human Resources (PHR), Senior Professional in Human Resources (SPHR) and Global Professional in Human Resources (GPHR) certifications. **There is no charge for this type of credit hour.** The use of this seal is not an endorsement by the HR Certification Institute of the quality of the program. It means that this program has met the HR Certification Institute's criteria to be pre-approved for recertification credit.

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Participants must attend both days to receive credit

Registration Form

Name: _____

Title: _____ Organization: _____

Address: _____

City: _____

State: _____ Zip: _____ Phone: _____

Email: _____

Special Accommodations: _____

Do you need continuing education or Act 48 credits? Yes No

Registration deadline is July 9.

Return to:

RCPA

2101 N Front St

Bldg 3, Ste 200

Harrisburg, PA 17110

ATTN: Jen Bankard

Fax: 717-364-3287

jen@paproviders.org